

Kentucky Health Risk Screen Tool (HRST) Protocol

Revised March 26, 2013

The Health Risk Screening Tool (HRST) is used to determine where an individual is likely to be most vulnerable in terms of the potential for health risks. It is understood that the greatest vulnerability to health risk is exhibited or experienced among those individuals whose services are periodic or less intense than for someone who needs daily nursing care. The HRST assigns scores to rating items. The total points result in a Health Care Level with an associated Degree of Health Risk. The Health Care Levels are 1 through 6; Level 1 being the lowest risk for health concerns and Level 6 being the highest risk for poor health. It is important to understand that the HRST measures health risk not disability.

Why use the HRST?

- Early identification of health risks reduces and prevents complications
- Increases monitoring of a person's health
- Identifies additional training needs of staff

Who completes the HRST?

- Residential providers shall be the lead provider to complete the HRST. If the person does not receive residential services the designated provider shall be the provider identified in the person centered plan of care (POC) that is providing the greatest quantity of service.
- The initial HRST will be completed by a nurse (RN or LPN) contracted or employed by the provider agency. Subsequent HRST updates shall be completed by provider staff.
- State operated hospital staff will complete the initial HRST for each person transitioning from state operated hospital services to community services.

When does the HRST have to be completed?

- The initial HRST is completed for each person within 30 days of the initiation of SCL services.
- The HRST shall be updated at least annually by the designated provider within 90 days of the expiration of the POC.
- The HRST shall be updated by the designated provider within 3 days of any significant change in a person's health, functional or behavioral status such as:
 - Medication change
 - Hospitalization
 - Emergency room visit
 - Significant behavioral change
 - Communication by person of changes to how they feel
- The case manager shall be notified by the provider when an HRST is completed.

What to know and do with the HRST?

- The designated provider will complete the HRST online at: <https://kydd.hrstonline.com>.
- The completed HRST shall be provided to the person's case manager within 3 business days for inclusion into the person's SCL record and POC.
- If a person's HRST health care level is a score of 3 or higher, the case manager must contact the DDID regional nurse within 3 business days for review and follow up.
- Individuals with an HRST level score of 3 or higher are considered higher risk thus require increased monitoring and supervision.
- Reports will be available from the HRST website to trend health related issues across the system and by provider.
- HRST information is available for downloading and printing, with a person's consent, and taken to their health care appointments to use in the ongoing review of the persons health history.

What steps must be taken for an HRST Health Care Level of 3 or higher?

- The case manager shall notify the DDID regional nurse for further review within 3 business days.
- DDID regional nurse shall review and provide technical assistance to the person's team of providers.
- The person's team shall identify increased monitoring and additional staff training requirements that are required in order to mitigate the risk and meet the person's needs.
- Case manager shall request Supports Intensity Scale (SIS) reassessment from DDID, as appropriate if there is a significant change in the person's overall support needs.

What about the tracking log?

- The case manager shall maintain the tracking log for all identified risk issues as part of the monthly monitoring visits.

Case Management Responsibilities

- Case managers will monitor during monthly visits to ensure appropriate monitoring and additional staff training is occurring.
- Any deviation from the identified action approved by the person's team shall be noted in the case management summary and on the tracking report.
- Case manager will request explanation for deviation and shall take appropriate action to notify the person's team members and follow up.